

LIVEWELL NURSING



New Beginnings / Resolutions

COUNTY OF SAN DIEGO

Volume 6

Issue 1

January 2025



**COUNTY OF
SAN DIEGO**



**LIVE WELL
SAN DIEGO**

A New Year Message from the Chief Nursing Officer

Happy New Year Team!

As we welcome the dawn of 2025, I want to take a moment to reflect on the incredible journey we undertook together in 2024. It was a year filled with challenges, triumphs, and growth, and I am immensely proud of the dedication and resilience each of you demonstrated. Your unwavering commitment to providing exceptional care and support has made a profound impact on the lives of those we serve in our community.

This past year, we achieved significant milestones in our mission to enhance public health, long-term care, and behavioral health services. We successfully expanded our outreach through programs such as Healthy Families America maternal – child health home visiting program and improved access to essential services for vulnerable populations such as those served in our Rural Health Post Hospital Discharge Program pilot. Our initiatives in health education and preventive care not only empowered individuals to take control of their health but also fostered a sense of community and solidarity.

Moreover, our partnerships with local organizations have strengthened our capacity to deliver integrated services, demonstrating our commitment to holistic care. Each of you contributed to these successes, embodying our agency's core values of Integrity, Equity, Access, Belonging, Excellence, and Sustainability.

As we step into the new year, I invite you to join me in embracing a renewed vision that aligns with our agency's promise of health equity and reflects our collective aspirations.



Angela Minter



Angela M. Foster

1. **Health Equity:** We must continue to advocate for equitable access to care for all, regardless of their circumstances. Let's challenge ourselves to identify and dismantle barriers that hinder progress, ensuring that every member of our community receives the quality care they deserve.

2. **Workforce Engagement:** Our strength lies in our people. In 2024, I envision a workplace where every voice is heard, valued, and contributes to our mission. By fostering a culture of collaboration and recognition, we can enhance job satisfaction and retention, ultimately benefiting the community we serve.

3. **Sustainability:** As we navigate the future, let's prioritize sustainable practices that promote both environmental health and operational efficiency. By implementing eco-friendly initiatives, we can be stewards of our planet while continuing to deliver outstanding care.

4. **Service Delivery Coordination:** The complexity of healthcare requires seamless coordination among services. In the coming year, we will continue to identify opportunities to refine our service delivery models to ensure that our clients experience a cohesive and integrated approach to their care.

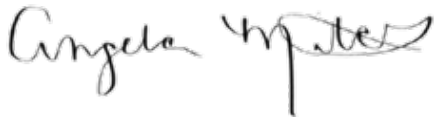
5. **Community Engagement:** Our work extends beyond our agency; it reaches into the heart of the community. Engaging with community members and stakeholders is vital. Together, we can grow programs that truly reflect the needs and aspirations of those we serve.

6. **Systems and Technology:** Leveraging technology will be key to our success. We will explore innovative solutions that enhance our service delivery, improve communication, and streamline operations. Embracing these advancements will enable us to respond effectively to the evolving needs of our community.

As we embark on this new year, let's carry forward the lessons learned, and the successes achieved in 2024. Your dedication and passion are the driving forces behind our agency's progress, and I am excited to see what we can accomplish together in 2025.

Thank you for your hard work, compassion, and unwavering commitment to our mission - To make people's lives healthier, safer, and self-sufficient by delivering essential services in San Diego County. I wish you all a happy, healthy, and prosperous New Year. Let's continue to support one another as we make a lasting impact in the lives of those we serve.

With gratitude and optimism,



Angi Mitchell
Chief Nursing Officer
County of San Diego Health and Human Services Agency



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Health Homepage using a
Universal Link**

<https://my.openathens.net/>

HELPFULNESS
EXPERTISE
ATTENTIVENESS
RESPECT
TIMELINESS

New Beginnings: Resolutions

By: Liberty Awa, RN, PHN Manager, Medical Care Services, Office of Nursing Excellence

We begin January 2025 by celebrating a collaborative milestone of over seventy home visiting nurses and support team members who successfully transitioned to the Healthy Families America (HFA) Program from the Nurse Family Partnership and Maternal Child Health home visiting programs. Nurses and support team members have received robust HFA trainings, learned, and implemented the HFA Model to support and continue serving hundreds of families around the County of San Diego. Additionally, in January 2025, Medical Care Services, Office of Nursing Excellence continues to celebrate successes as the Public Health Nurse Residency Program is set to host Cohort 12 in January 2025, along with the Essentials of Nursing Onboarding Group 10. Upcoming in Spring 2025, the team will embark on a new project – the piloting of a new Leadership Academy - Essentials of Nursing Onboarding Group 1. Other projects that the Office of Nursing Excellence team continues are gathering and interpreting home visiting data and Centralized Referral Program, which has triaged and reviewed over 1,500 community referrals since late March 2024.

We also hold in mind the American Nurses Association (ANA) is a professional nurse’s organization that fosters upholding high nursing practice standards, promoting safe and ethical working environments, and promoting wellness of nurses and advocacy of healthcare for all (ANA, 2015). With resolutions in mind, as we enter a busy 2025, the overarching aims of these programs and projects is to continue serving the community, provide customer service with H.E.A.R.T., with an evidence-based mindset that align with Agency Goals of Sustainability, Workforce, Equity, Service Delivery Coordination, Community Engagement, and Systems and Technology (HHS Strategic Plan).

“Two roads diverged in a wood, and I —

I took the one less traveled by,

And that has made all the difference”

- Excerpt from “The Road Not Taken” by Robert Frost (Poet)

References:

- [2024-2026 HHS Strategic Plan](#)
- [The Road Not Taken | The Poetry Foundation](#)
- [View the Code of Ethics for Nurses | ANA](#)

New Beginnings for Our Mothers and Babies

By: Letisha Kingsbury, Sr. Public Health Nurse/ HealthLink North Inland PHC



Client Splash Pad event, April 2024, with North Inland and North Coastal Nurses:

Kathleen Snyder, Arielle Joyce Lamuna, Adriana Arteaga, Cassidy Mayer, Angelique Quiaot, Letisha Kingsbury, Darlene Lescano, Jessica Watson, Kelly Lewis, Taylor Fineman, Jillian Cruz, Maria Josefina Wallace, Stephanie Nilson, Rachel Winn, & Diana Becerra

In the United States on January 1st, the start of the New Year typically represents a time for a fresh start and is a time for resolutions. For the families in our Healthy Families Home Visiting Program, the phrase “New Beginnings” takes on a much larger meaning. The families we encounter are families that are about to embark on a new journey as new parents or they are adding a child into their growing family. For many this can be an overwhelming time, both emotionally with the love and joy of having a child, but also overwhelming financially, mentally, and physically. Our home visiting nurses are masters of being able to navigate all the questions the families have and can point them into the right direction.

For some of our families that are struggling, creating goals for themselves can be a daunting task, but with the motivation that home visiting nurses provide, the clients often find themselves empowered to work towards their goals and accomplish things they never believed possible. This is because for some of our clients, it is the first time they have had someone consistently there, supporting them, encouraging them, and believing in them. In combination of frequent visits, the use of critical thinking, motivational interviewing and multiple reflective strategies, nurses have found that clients are able to see the value in their relationship with the nurse and utilize the nurse’s expertise to help them understand the importance of healthy parent and child relationships. For each one of the Healthy Families San Diego County clients, every day is a possibility for a new beginning.

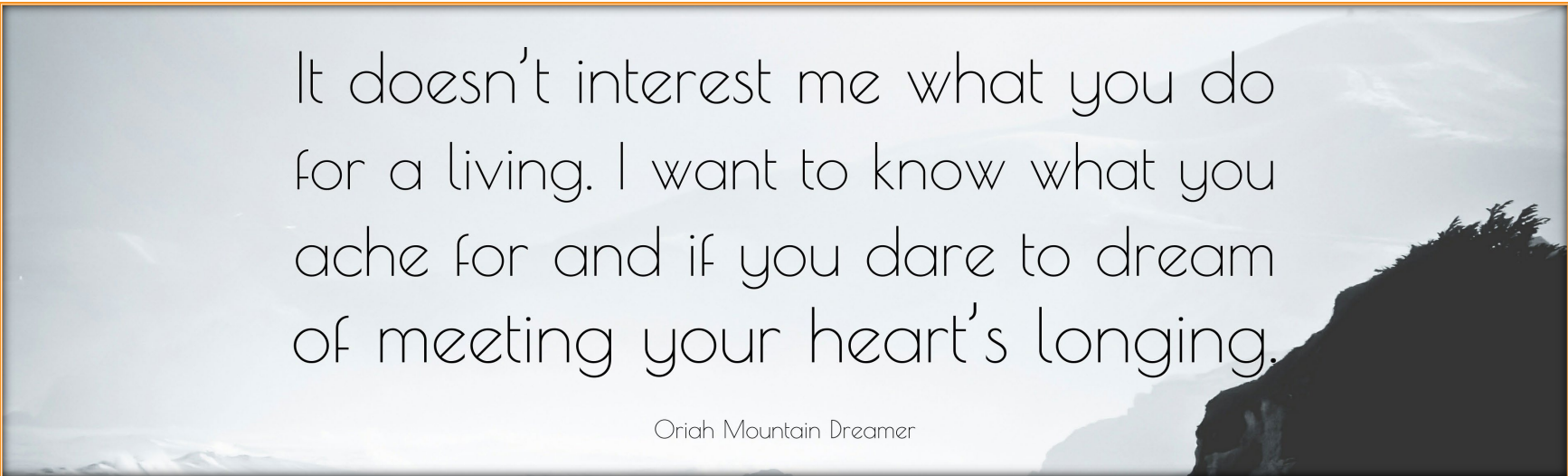
New Beginnings / Resolutions

By: Kelly Closser, Public Health Nurse, East PHC

January is a time of renewal—new beginnings and fresh starts. But it is also a time when most of us make overly ambitious and unrealistic New Years' resolutions, abandon them a few weeks later, and then feel like a failure. Not so fun, and not that productive or encouraging.

We often base our resolutions on what we think we should be doing and not what we truly want for ourselves. Instead of thinking about what we should do, or what we ought to do, maybe we should focus on what we yearn for, and what we are willing to do to make it happen. Ask yourself what you truly desire, or, as Oriah Mountain Dreamer writes in her poem *The Invitation*, “what you ache for and if you dare to dream of meeting your heart’s longing”. You may have to sit with the question for a while, meditate (or pray), write in your journal, or brainstorm. The answer may also come to you right away.

Once you have identified what you want to achieve, ask yourself, what am I willing to do to make it happen? Maybe you long to be in better physical shape. You might not be willing to go to (i.e. drag yourself to) the gym after work every day, but you may be able to commit to taking a 20 minute walk in your neighborhood instead. Be realistic about what you are capable of doing and what changes you can make right now. Use this time of renewal as an opportunity to feel excited about your future and truly have a “New Beginning”.



It doesn't interest me what you do
for a living. I want to know what you
ache for and if you dare to dream
of meeting your heart's longing.

Oriah Mountain Dreamer

LIVEWELL NURSING



SUBMISSIONS



Please e-mail submission (ideas, photos, articles, trainings, dates, accolades, local or national news, etc.) to

Araceli.Casas@sdcounty.ca.gov



For consideration in next issue, please submit entries by close of business on February 21, 2025. Submission limits: 125-275 words



2025 Topics

January: New Beginnings/Resolutions

February: Sustainability

March: Workplace Engagement

April: Community Engagement

May: Nurses Week posters

June: Equity

July: Service Delivery Coordination

August: Immunization Awareness

September: Preparedness Month (shelters/wildfires, etc.)

October: Domestic Violence Awareness Month

November: Gratitude & Kindness

December: Systems & Technology